

A Quarterly Newsletter Of



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northandover.com**

**Fall 2005**



# School recycling moves ahead

The North Andover Public Schools made great strides in recycling during the 2004-2005 school year, and the 2005-2006 year promises continued improvement.

Kittredge, Sargent, and Franklin elementary schools are all recycling beverage containers. Each school has a collection procedure tailored to the school's particular needs and then the containers are picked up by the North Andover DPW. This year, North Andover Solid Waste Advisory Committee (NASWAC) will work with Atkinson, Thomson, NAMS, and NAHS to implement this type of recycling at these schools as well.

In addition to beverage container recycling, Sargent school PTO sponsored a shoe collection drive through the Nike Reuse-A-Shoe program. Over 200 pairs of used athletic shoes were sent to Nike to be ground up and reused as athletic surfacing, like that found on running tracks and playgrounds. Sargent also did an end-of-year cleanup in which extra recycling totes were used to collect excess paper waste at the close of the school year.

As the school year begins and all of the

schools continue their paper recycling programs, remember to include recycling as part of the garbage collection at all school events. In addition, try to reduce the amount of paper and plastic used in the first place. For example, when printing scratch copies of reports, you can run paper twice through your printer to use both sides. Keep a dedicated recycling bin near your desk and printers to make recycling convenient. Try to reuse water bottles as well as food bags and containers a few times before discarding. Every bit helps!

If you are interested in helping with recycling at your school, please let NASWAC know. We particularly need help in starting the beverage container recycling at Thomson, Atkinson, NAMS, and NAHS. With an hour or two of your time for the



whole school year, you can make a huge contribution to the schools and the town. Just send an e-mail to [recycle@townofnorthandover.com](mailto:recycle@townofnorthandover.com) and let us know you're interested. We're also looking for suggestions for other school recycling projects. We are available to provide answers to any questions you might have.

## Making lighter work of fall leaves

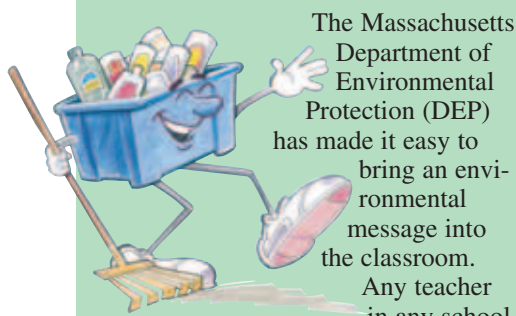
The leaves are beginning to change colors, showing off bright yellows, oranges, and reds. Enjoy! Before long, those leaves will be brown and spread over the ground.

Now is a great time to think about the ways that you can reuse fall leaves. Here are our suggestions:

- Shred the leaves with a mulching mower (or a mower with the bagger removed) and let them stay on the grass. These shredded leaves will provide a protective winter cover and decompose by spring. If you have a lot of leaves, you'll need to mow often during the weeks with the heaviest leaf-fall.
- Pick up leaves with your bagging mower. The mower will shred the leaves as it picks them up, creating a great mulch. Use the leaf mulch in your gardens or flower beds.
- Add shredded or whole leaves to your compost pile. Shredded leaves will decompose faster, but whole leaves will also break down into nutrient-rich compost. Mixing fall leaves with over-ripe fruit and vegetables and grass clippings will help the material decompose more quickly.
- Recycle your fall leaves at the curb. Leaf collection occurs over a two-week period in November. The exact dates will be publicized in the local newspapers, at the website ([www.northandoverrecycles.com](http://www.northandoverrecycles.com)), and on the cable access channel. During this collection period, put leaves in biodegradable paper bags and place them at the curb. Collected leaves are composted at the Town's yard waste composting center, the Cyr Recycling Center on Sharpner's Pond Road. Leaves can also be dropped off at the Cyr Recycling Center on Tuesdays, Thursdays, and Saturdays from 8 a.m. to 3 p.m. The Center will close for the season around mid-December.
- Don't burn your fall leaves! Burning leaves in open piles releases many pollutants into the air. Outdoor leaf burning can create health hazards for children, the elderly, and people with breathing difficulties. Open burning can also put nearby properties at risk.



## Join the Green Team



The Massachusetts Department of Environmental Protection (DEP) has made it easy to bring an environmental message into the classroom.

Any teacher in any school

can sign up to participate in the Green Team and receive a Green Team Kit that contains a recycling poster, lesson plans, magnets, and other materials. Books and videos are also available and each classroom enrolled will be entered into a drawing for prizes.

Schools that have at least one classroom signed up for the Green Team are eligible to receive free recycling bins, totes, compost bins, and worm bins for starting or expanding school recycling programs. To learn more about this initiative visit [www.thegreenteam.org](http://www.thegreenteam.org).

If your classroom joins the Green Team, please let us know by sending an email to [recycle@townofnorthandover.com](mailto:recycle@townofnorthandover.com). We would love to get your picture in the next edition of our newsletter.



## America Recycles—Do You?

For nearly a decade, Americans have been reminded each fall that recycling is a great habit! Recycling includes collecting used products, as well as making these products into brand-new items. When we recycle, we use our natural resources more wisely, we reduce the amount of pollution that we create, and we save energy. These are all good things!

Recycling has three parts—two of which depend on you. First, you need to collect your recyclables. Second, a factory needs to use recyclables to make new products. Third, you must buy things you need that are made from recyclables. Lots of products can be made from your recyclables, such as fleece fabric, carpet, glass tile, furniture, appliances, cans, jars, bicycles, newspaper, boxes, and office paper, to name just a few!

If you already recycle at home, at work, or at school, thanks—keep up the good work! If you recycle sometimes and in some places, commit to recycling more items, more often.

Last year, more than 200,000 Americans pledged to do more recycling—join them this year. When you promise to improve your recycling efforts, you can enter to win a prize drawing. To enter, simply log onto the America Recycles Day website, [www.americarecyclesday.org](http://www.americarecyclesday.org), and pledge online.

If you need information about local recycling programs, contact us at [recycle@townofnorthandover.com](mailto:recycle@townofnorthandover.com).



**AMERICA  
RECYCLES**

In celebration of America Recycles Day, we are hoping to organize a community-wide collection of athletic shoes for the Nike Reuse-A-Shoe program. Shoes collected are ground up and reused as athletic surfacing, like that found on running tracks and playgrounds. We are working with Nike to identify a drop location in northeastern Massachusetts. If a location is found, we will be looking for collection locations around town. Groups that may wish to get involved include schools, the Youth Center, and scout troops. If you have any ideas, please let us know.

## What are you doing for America Recycles Day?

America Recycles Day in mid-November is a great time to plan a special event for your youth group, school class, scout troop, civic organization, church group, or business. Here are some ideas:

- Clean out files and desks and recycle the paper.
- Pick up litter and recycle the cans and bottles (dispose of the trash properly, of course).
- Set up a display with a recycling bin, common recyclables, and some how-to information.



# 10 Tips for Reuse

Here are some easy ways to increase your reuse of items. By reusing, you'll reduce your waste and use both your personal resources and our natural resources more wisely.



1. Use the library. Your local library is a treasure trove of books, videos, CDs, magazines, and much more. Why buy what you and your fellow taxpayers have already paid for? Be a borrower! If you are looking for something the library doesn't have, ask a librarian to help you arrange for an "inter-library loan." This allows your library to borrow the item from another library and then loan it out to you. Don't forget college and university libraries. Often all you need to borrow materials from these libraries is a valid in-state driver's license. Check their websites or call for details.
2. Have you ever watched people go in and out of the library? If so, you know that library regulars are "bag people." The vast majority of people coming in and out of the library are carrying canvas bags, backpacks, or totes. Become a bag person. Carry your own bags—and not just to and from the library. They are great for small purchases when you are running errands.
3. Become a renter. No, you don't need to sell your house and move! We're talking about renting things that you don't need to own, such as new release movies, a lawn edger, or a party tent. If you don't want to worry about buying, maintaining, and storing something that you need now but only need to use once or twice, rent it!
4. Borrow items that you need, loan what you have, or share seldom-used equipment with friends and family members. This is much like renting—you get what you need now—but it is cheaper, of course. Need a crib for a short period of time while a young child visits? Borrow one from a neighbor who has one in the attic. Enjoying a great new game? Loan it to a friend after you've played it several times. Do you and your best friend share a hobby? Then, share a magazine subscription, too. Maybe you could each order a different magazine on the topic and trade them each month.
5. Avoid "use & toss" products. Use and toss products include disposable "wipes" for house cleaning, hand wiping, and more. You might think that a few wipes here or there don't mean much. But by 2008, \$3.1 bil-

lion worth of disposable wipes, weighing more than 100,000 tons, will be sold each year. In most of the situations where wipes are being used, rags, washable cleaning cloths or sponges, or washcloths and towels would be just as easy to use and more environmentally friendly. Think before you buy wipes. Wipes are handy on-the-go (in the car or at a soccer game). However, if you are at home cleaning the kitchen or bathroom, reusable rags are your best bet—plus, you have more control over the type and amount of cleaning products that you use.

6. Create a "fun box." Old crayons and markers (the ones that have long since lost their own boxes), sheets of stickers with most of the stickers used, scraps of fabric from a second-grade science project, and more can go into your family "fun box." Keep your scraps together so that when you want or need craft supplies, you can hit your fun box rather than head to the mall.
7. Wrap it up! Empty shoe boxes wrapped in reused wrapping paper, calendar pages, old photo collages, or magazine pages make decorative and useful storage boxes. Gift-giving time? Make a basket or lunch box part of the gift and you've created a gift and wrapper in one. Use paper or fabric gift bags. Wrap gifts in reused newspaper, wallpaper scraps, or other "recovered" materials. To see more gift wrapping ideas, visit [www.boakart.com/wrap/WrapArt.html](http://www.boakart.com/wrap/WrapArt.html).
8. Remember "hand-me-downs"? Used clothes, which are now sometimes called "pre-worn" clothes, often have a lot of life left in them. If you are cleaning out your closet, don't head for the trash. Instead, pass the clothes along to a friend or family member who will wear them, sell them at a garage sale or to a reuse shop, or donate them to a charity. If you are looking for clothes, shop reused first. Secondhand stores are full of fantastic finds and durable duds.
9. Fix 'er up! When you repair what you already have, you usually save money and always ensure that the things in which you have already invested last longer. For instance, a home computer can be a large investment. If the DVD drive quits working, it is a simple (and inexpensive) fix to get it up and running again. Voila—like new! Shoes are another good example. Each year, about 62 million pairs of sturdy shoes and boots are repaired.
10. Maintain what you have. Maintenance may not seem to be related to reuse, but it is. The better care that you give to durable items, from home appliances to tires, the longer they will last. Follow manufacturer's recommended guidelines for the use and care of things you buy. You'll be able to use and reuse your own stuff for much longer!



## The long and rewinding road

Are you a frequent traveler? Whether you are flying or driving, you can read, enjoy, and reuse!

At about 60 airports across the country, travelers can purchase a book from one of Paradies Shops' 200 participating stores and return it along with the original receipt for a partial refund to any of the participating Paradies stores within six months. That means you could pick up the book at the Reno airport, read it while you're traveling in New York, and return it to the Albany airport before your return flight.

When you return the book, you'll be refunded half of the original price. (You must have your receipt, but when you buy the book, the clerk will either tape it into the book or staple it to a free bookmark.) Your book will in turn be sold as a "pre-read" book. Only pre-read books in good condition are sold; however, the company reports that almost all of the returned books are in resalable condition. Those that are not are donated to local charities.

Paradies Shops' stores operate under several different names. The next time you travel and are purchasing a book, ask whether the store participates in the Paradies "Read and Return" program. If it does, read, enjoy, and return!

Not flying? You can still "read" and return through the "Books-on-Audio" program at Cracker Barrel Old Country Stores, which dot the landscape at interstate exits throughout the U.S. You buy the audiobook on cassette tape or CD at the list price and enjoy it as you travel. Prices range from \$9.99 to \$48. When you are done, you stop by another Cracker Barrel Old Country Store and return it. You'll be refunded the purchase price minus a rental fee of \$3.49 per week. Just as with the Paradies Read and Return program, you can buy the book at one Cracker Barrel

Old Country Store and return it to another in a different city or state. So read and reuse!

## QUOTES REQUOTED

We are aware that our children and the future generations have a right to a world which will also need energy, should be free of pollution, should be rich with biological diversity and should have a climate which will sustain all forms of life.

Wangari Maathai, Winner of the 2004 Nobel Peace Prize

In 1977, Wangari Maathai founded the "Green Belt Movement," which has helped African women plant 30 million trees, providing fuel, food, shelter, and income to support their families.



Photo credit: Martin Rowe



# Living more lightly

*E Magazine* recently published *Green Living*, a handbook for living lightly on the earth. From food and health care to personal care and clothing, from gardening to eco-travel, this guidebook is designed to help you make informed choices.

Each of its 14 chapters explains the contents and effects of products that are commonly used, outlines alternatives, and provides a long list of resources. For instance, Chapter 9, "Kids' Stuff: Starting Them Young, from the Nursery to the Bookshelf," explores topics including the impact of various types of media on children and toxins often found in the home. Then, a



"what you can do" section describes simple steps that can make a positive difference on children's lifestyles and health. Finally, an eight-page resource section shows you where to find products, information, and more.

Look for *Green Living: The E Magazine Handbook for Living Lightly on the Earth* (Plume, 2005) at your library or bookstore. Remember—check the used bookstore first!

If you enjoy this book, you might also look for *The Newman's Own Organics Guide to a Good Life: Simple Measures That Benefit You and the Place You Live* by Nell Newman (Villard, 2003).

## When is bulk packaging right for you?

Buying in bulk can reduce the amount of packaging waste that you throw away or recycle. Often buying in bulk (buying a large container with multiple servings or multiple items) is also cheaper on a per-unit basis. However, is buying in bulk always the best choice? That depends. Before you buy in bulk, consider what you need and how you will use the product.

Buying a huge container of something you are sure to use and which won't "go bad" is almost always your best bet. For example, laundry detergent doesn't spoil and will still be useful in six months, so pick up the larger container.

Choosing the super-size jug of milk is a good idea if you have a large family and will consume the milk before it

spoils. If you have only two people in your household and don't use much milk, a small bottle or even powdered milk might be a better option. In other words, think about the potential product waste, especially when looking at perishable food and beverages.

The huge container also may not be the best choice when you are buying hazardous products. Will you use up the product you are buying? Or will you end up disposing of it at a hazardous waste collection? If you aren't sure, buy the smaller container.

As you shop, look for containers that are the right size for your family and your needs, while creating the least amount of waste possible.



## Bulk buy your water

"Tap water" costs many times less per gallon than bottled water. In fact, a gallon of municipal tap water costs a penny or less in most places, while the same amount of water in individual, single-serve bottles may cost \$10. Rather than buying expensive, pre-filled bottles that you carry home and then need to recycle, purchase water "in bulk" by using your own tap water. You can fill reusable bottles. Be sure to wash them thoroughly between uses.

Read more about drinking water in *Plain Talk About Drinking Water: Questions and Answers About the Water You Drink* by Dr. James M. Symons (American Water Works Association, 2001).



## Gas prices got you down?

Fuel prices, which have shot up this year, are affecting everything from weekend trips to car sales to home heating and air conditioning costs. With prices high and no relief in sight, consider ways to reduce your use of fossil fuels. When you reduce your use, you save money, cut harmful emissions, and eliminate waste (some of which is hazardous). Here are some ideas to get you started:

- Turn off lights and appliances when they aren't in use. While your refrigerator does need to run all the time, your TV doesn't.
- Plan your errands to reduce the number of trips you make, as well as to eliminate unnecessary "backtracking."
- Walk or bike instead of driving. You can improve your health, lower your fuel use, and cut down on pollution.
- Buying a new vehicle? Consider a hybrid. Hybrids, which draw part of their power from a battery, reduce your use of gasoline and have lower emissions. Unlike older electric vehicles, hybrids do not have to be plugged in. The gasoline engine and energy recaptured during braking recharge the battery during use.
- Choose alternative fuels, when available. Ethanol is a mixture of gasoline and a crop such as corn or a crop waste such as corn stalks or sugar cane stalks. Biodiesel is a mixture of diesel fuel and vegetable oil. These fuels reduce your use of non-renewable resources and may increase your use of a recaptured waste product.
- Talk to your electric utility provider about "green energy" from renewable sources, including wind and solar power. Find out how much of your utility's electricity comes from renewable sources.
- Rake your leaves or sweep your driveway instead of using a leaf blower. A gas-powered leaf blower used once a month for half an hour emits as much pollution as a car driven more than 175 miles. Also, when you use the rake or broom, there is no chance of spilling or needing to dispose of hazardous gas or oil.
- Insulate around doors and windows to eliminate heating and cooling losses. If you can feel air blowing in, you need to insulate. An old, rolled towel can keep your valuable heated or cooled air from escaping around doors.

Look for more energy-reducing tips at these U.S. Department of Energy websites: [www.energy.gov](http://www.energy.gov) (click on "Energy Saving Tips") or [www.EnergyHog.org](http://www.EnergyHog.org).







The Solid Waste Advisory Committee is pleased to welcome two new members to the team: Deb Lynch and Josephine Rosello. It is great to have new energy on the committee.



Each year the DEP invites communities to apply for equipment grants, which is how we got the rain barrels and water conservation items available earlier this year. We hope to be awarded one or more of the following: Home Composting Bins, Kitchen Scrap Buckets, Healthy Lawn and Landscape Workshops, Rain Barrels, and Water Conservation Tools. Stay tuned...we should know something in early spring.



Looking for answers to your recycling questions? Visit our website, [www.northandoverrecycles.com](http://www.northandoverrecycles.com), and check out the section, "Frequently Asked Questions." Do you have questions that aren't answered there? Let us know by sending your question to us via e-mail, [recycle@townofnorthandover.com](mailto:recycle@townofnorthandover.com).



Need more information about reusing your own yard waste? Request copies of these helpful guides: "Home Composting" and "Don't Trash the Grass." Upon request, the DPW can mail these to your home.



*Look for our next newsletter in early January!*



**We want your suggestions, questions and comments!**

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**PRINTED ON RECYCLED PAPER**  
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*Please recycle this publication after you have read it!*

# Hazards lurking

Have you ever looked under the kitchen sink? Once you get past the dish soap, there is a vast dark area that may be filled with old, unused household chemicals. Or, maybe at your house, these products don't lurk under the kitchen or bathroom sink. Instead, maybe they are on shelves in the laundry room, garage, or basement. Wherever your old chemicals are hiding, now is a great time to sort through them and properly dispose of the ones that you no longer need.

To help residents address these disposal problems, the Town of North Andover provides a Household Hazardous Waste (HHW) Drop-off event each fall and spring, as well as monthly drop-off for some of the most common items. While there is no cost to residents to drop off materials at this event, the Town pays flat fees on a per-vehicle basis. For cars delivering less than 10 gallons or 10 pounds, we pay the "half-car rate" of \$26. For vehicles delivering between 10 gallons/10

pounds and 25 gallons/25pounds, we pay the "full-car rate" of \$42. Because we are charged in this manner, please deliver your material with a friend or neighbor if you have only a small quantity.

Our next HHW collection event will be held Saturday, October 15 from 9 a.m. to 1 p.m. at the DPW Garage, 384 Osgood Street.

Be sure to prepare your items properly. Keep chemicals in their original, labeled containers, if possible. Make sure all containers are tightly sealed, preferably with a screw-on cap. Do not mix products together. If you have a leaky container, wrap it in newspaper. Be prepared to leave all of your containers behind. Place all items into a sturdy cardboard box. Do not smoke while transporting HHW, some of which is flammable or explosive.

Please note we will NOT be accepting latex paint. LATEX PAINT IS NOT CONSIDERED HAZARDOUS WASTE. It can be disposed with your regular trash

## Essay winner

In our last newsletter, we announced the winners of our spring essay and poster contests and marveled at the range of topics covered. Emily Pangione was our fifth grade winner. Here's some of what she had to say about Deforestation:

*Deforestation is when people clear a forest area of so many trees that the animals of that particular section of woods usually have to relocate and find another place to live. Due to the clearings, many of the natural habitats in which these creatures of the forest live are lost. They no longer*

*have any protection to hide themselves from other animals which are their natural predators and hunters. This problem does not just effect the small creatures such as mice, rabbits, snakes, and insects but also the variety of birds living in the trees. This becomes an extensive problem with four legged creatures as well. Deer, fox, coyotes are all effected. We experience a small effect even when our homes are built. We even had a fox at the Sargent School this week.*

To read the rest of Emily's great essay, as well as other winning essays, please visit our website, [www.northandoverrecycles.com](http://www.northandoverrecycles.com) and click on "School News."

## Is unneeded "stuff" cluttering your life?

Are you feeling overwhelmed by your piles of stuff? Has your basement, attic, or garage storage area gotten out of control? Are you considering sending your own name in to one of those cable TV cleaning and organization shows? If you answered "yes" to any of these questions, donation may be part of the solution to your problem.

Donating usable goods to a charitable organization can do a lot of good for you and others. You benefit because you remove things from your home that you no longer want or need. The people who are able to purchase these used or nearly new items benefit by getting things they need at prices they can afford. The organization benefits by providing jobs, making donations of materials, and raising money for great causes. The community benefits because usable items are used—and not wasted.

Whether you need to get rid of clothing, coats, shoes, books, CDs, DVDs, household items, small and large (working) appliances, or even building materials, check with these organizations about making donations:

- Afrihope International
- Andover Historical Society
- Andover Library
- Andover Thrift Shop
- Angels Above Thrift Shop
- BHS
- Big Brother Big Sister
- Bikes Not Bombs
- Boston Building Materials Resource

- Center
- City Sports
- Community Book Solutions
- Freecycle (Freecycle\_NorthAndoverMA and FreecycleLowellMA)
- Free Stuff Network (MVFreeStuffNetwork@yahoo.com)
- Household Goods Recycling Ministries
- Hunger Homeless Commission
- Lazarus House Thrift Shops
- Lawrence General Thrift Shop
- Levine Max & Co.
- Lions Clubs
- Lowell Humane Society
- Mission of Deeds
- MSPCA
- My Father's House
- Neighbors in Need
- Niketown
- Project Home Again
- Project Wish
- Dave Rattigan
- Salvation Army
- Si Se Puede
- St. Vincent de Paul
- Suitability
- Thrift Shop at Pawtucket Congregational Church
- Young Parents Programs of Lowell

Before delivering any items to these agencies and organizations, get details from [www.cleanup.org](http://www.cleanup.org) (enter your ZIP code) or call the agency/organization directly.

## Avoid the lines on HHW Day

On the third Saturday of each and every month, you can drop off these common household items at the DPW Garage:

- Used motor oil — 50¢/gallon (also collected on the first Saturday)
- Fluorescent light bulbs, both tubes and screw-in type — No charge
- TVs and Computer Monitors — \$5 or \$15, depending on size
- Car batteries — \$2
- Propane tanks — \$2
- Oil-based paint — \$3 per gallon can

after it has been allowed to harden. You can harden latex paint by mixing in a latex waste paint hardener available from paint and hardware stores, adding cat litter to a can that is less than half full, or allowing the paint to air-dry by leaving the lid off.

If you have any questions about the HHW collection, please call the DPW at 978-685-0950.



**Does your red bin seem too small? For a \$3 deposit, you can pick up a second red bin from the Department of Public Works. You can also create your own extra recycling bin by reusing a container or bin that you already have. Stop by DPW for a free RECYCLE sticker to place onto your extra bin. Or, clearly mark it with waterproof marker.**

## Remember to recycle!

You can recycle all of these materials in your curbside bin:

- All plastic food and beverage containers (marked with the recycling arrows and #1 through #7)
- All colors of glass, including containers, Pyrex, ceramic, and glass vases (NO plate or window glass)
- Aluminum beverage cans
- Aluminum pie plates and clean aluminum foil
- Metal food and other cans
- Metal jar lids
- All clean paper, including newspaper, magazines, catalogs, office and school papers, mail and envelopes, and flattened corrugated cardboard (maximum 30-by-30 inches)

Remember to keep these materials OUT of your trash. Our trash hauler, Waste Management, has been instructed not to pick up recyclables mixed in trash!

All paper needs to be in paper bags or tied with string. Please do NOT put any recyclables into plastic bags!